

# December 2021 FiftyForward Knowles Program Calendar

Please carefully read the program description page to learn more about each offering. Events with an asterisk\* require advanced registration via the Membership Portal: <https://fiftyforward.org/member/#myaccount> or contact Cayla Thompson at 615-743-3487 or [cthompson@fiftyforward.org](mailto:cthompson@fiftyforward.org). We follow CDC safety guidelines.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>10am Eating Smart at home w/TSU*</p> <p>10:30am Chair Yoga</p> <p>11:15am Eating Smart on the Run w/ TSU*</p> <p>12:30pm Movie Club: Trading Places</p>	<p>2</p> <p>9:30am Silver Sneakers</p> <p>10am Mixed Media Workshop with Ashley Mintz*</p> <p>1pm Arthritis Exercise w/ Barb</p>	3	4
5	<p>6</p> <p>10am Scrapbookers Club</p> <p>11am All of Us Cafe</p> <p>1pm Writer's Group</p> <p>1pm Arthritis Exercise w/Barb</p>	<p>7</p> <p>11am Holiday Craft</p> <p>12pm Fairground Community Art Engagement*</p> <p>1pm Bingo w/ Nashville Metro Police</p>	<p>8</p> <p>10am Eating Smart at home w/TSU*</p> <p>10:30am Chair Yoga</p> <p>10:30am TRIP Walk with a Doc at Centennial Park*</p> <p>11:15am Eating Smart on the Run w/TSU*</p> <p>12:30pm Movie Club: Elf</p> <p>3:30pm Students Connecting with Seniors*</p>	<p>9</p> <p>9:30am Silver Sneakers</p> <p>10am Mixed Media Workshop with Ashley Mintz*</p> <p>1pm Arthritis Exercise w/ Barb</p>	<p>10</p> <p>9:30am TRIP Gaylord Opryland Resort*</p>	11
12	<p>13</p> <p>10am Scrapbookers Club</p> <p>1pm Writer's Group</p> <p>1pm Arthritis Exercise w/Barb</p>	<p>14</p> <p>10am Music for Seniors</p> <p>10:30 TRIP Tuba Christmas Nashville*</p> <p>1pm Bingo</p>	<p>15</p> <p>10am Eating smart at home w/TSU*</p> <p>10:30am Chair Yoga</p> <p>10:45am TRIP Lunch and Learn at Madison Station*</p> <p>11:15am Eating Smart on the Run w/TSU*</p> <p>12:30pm Movie Club: Scrooged</p>	<p>16</p> <p>9:30am Silver Sneakers</p> <p>11am Hidden History Presentation*</p> <p>1pm Arthritis Exercise w/ Barb</p>	<p>17</p> <p>FiftyForward Centers &amp; Offices Closed for Staff Meeting</p>	18
19	<p>20</p> <p>10am Scrapbookers Club</p> <p>1pm Writer's Group</p> <p>1pm Arthritis Exercise w/Barb</p>	<p>21</p> <p>11am Christmas Potluck Lunch*</p> <p>1pm Bingo with Tivity</p>	<p>22</p> <p>10:30am Chair Yoga</p> <p>12:30pm Movie Club: White Christmas</p> <p>1pm Computer Club</p>	<p>23</p> <p>9:30am Silver Sneakers</p> <p>1pm Arthritis Exercise w/ Barb</p>	<p>24</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	25
26	<p>27</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	<p>28</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	<p>29</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	<p>30</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	<p>31</p> <p>FiftyForward Centers &amp; Offices Closed for the Holiday</p>	

# FiftyForward Knowles PROGRAM INFORMATION



Program offered virtually



Denotes member-led program


**Eating Smart at Home** Wednesdays, December 1, 8, 15 at 10am  
Come learn from TSU nutrition specialist, Cheryl Johnson, how to make smart eating choices at home. She will be going over recipes and giving out tips and gifts to reach your healthy eating goals!

**Chair Yoga** Wednesdays December 1, 8, 15, 22 at 10:30am.  
**A Restorative /Relaxation Opportunity**– Chair Yoga led by Knowles member and certified Yoga instructor Barbara Clinton is back IN PERSON ! This class is available for all fitness levels. Come relax and unwind with us!

**Eating Smart on the Run** Wednesdays, December 1, 8, 15 at 11:15am. **Health and Learning Opportunity.** Cheryl Johnson is a nutrition specialist from TSU and will be here to give tips on how to eat right on the go! In this class we will also play fun games and get giveaways to help you with your nutrition goals!

**Movie Club** Wednesdays, December 1, 8, 15, 22 at 12:30pm.  
**An Opportunity to Connect.** Join us for a movie that will be chosen to fit the month or theme we are discussing! Come for some snacks, film viewing, and stay after for a discussion. Feel free to suggest a movie you would like to see at the club!


**Low Impact Silver Sneakers Aerobics with Kathleen** Thursdays, December 2, 9, 16, 23 at 9:30am. **A Health and Fitness Opportunity.** Join us for a fun workout that will increase muscle strength, range of motion and improve activities for daily living. This is a moderate intensity class that uses chairs for support and exercise.

 **Mixed Media Art Class with Ashley Mintz** Thursday, December 2 and 9 at 10:30am. **Sign Up in Advance. A Free Learning Opportunity!** Come let your creative side run free each week in this craft class led by mixed media expert Ashley Mintz.

**Arthritis Exercise** Mondays and Thursdays, December 6, 9, 13, 16, 20, 23 at 1 p.m. **A Health and Fitness Opportunity.** Join us for this evidence-based, seated exercise program that helps improve mobility, strength, and coordination. There is also plenty of laughter, fitness and friendship!

**Scrapbookers Club** Mondays December 6, 13, 20 at 10am.  
**Fun Learning opportunity.** Join the scrapbookers club to share crafts and engage in social connection. No experience required!

**All of Us Café** Monday, December 6 at 11am. **A Learning Opportunity.** The *All of Us* Research program is inviting one million people across the U.S. to help build one of the most diverse databases in history. A representative from the *All of Us* Program will be at the center from 11am to 1pm to give out information on the program and a few sweet treats.

 **Writer's Group** Mondays December 6, 13, 20 at 1pm. **A Learning Opportunity.** Join the Knowles Writer's group to pursue the art and craft of writing. This is a great way to share your creative thoughts and connect with fellow FiftyForward members.

**Holiday Craft** Tuesday, December 7 at 11 am. **Social Opportunity.** Come and enjoy some fun holiday vibe complete with holiday music and a hot cup of cocoa while making a fun holiday craft.

**Fairground Community Art Engagement** Tuesday, December, 12pm. – 1 pm **Let your voice be heard. Sign Up in Advance.** In 2022, the Fairgrounds will be installing a new large-scale piece of public art by internationally recognized artist Blessing Hancock. The project wants the Nashville community to contribute words and phrases that will be added to the sculpture. This could be YOUR words on this Nashville Art Installation.

**Bingo** Tuesdays, December 7, 14, 21 at 1pm **FUN Opportunity.** Everyone's favorite game of chance! Come play with your friends and take home some great prizes!

**TRIP: Walk With a Doc at Centennial Park** Wednesday, December 8, 11-1. **Bus leaves from Knowles at 10:30am. Sign Up In Advance. Sign up by December 6. 14 available seats on Bus.** We will be meeting with a doctor and walking through Centennial Park. We will chat on our stroll so bring any health related questions you may have along with your walking shoes. This walk is on flat terrain and no more than an hour with an option to rest if needed.

**Students Connecting with Seniors** Wednesday, December 8 at 3:30pm. **Sign up in Advance. A Relationship Building Opportunity.** Holiday Reception - Please come and share some holiday cheer and welcome our new friends from Valor College Prep High School on Nolensville Pike. Members of the Valor Students Connecting with Seniors Club are excited to get to meet Knowles members and share some holiday fun. Festive refreshments will be provided.

**TRIP– Christmas Lights at Gaylord Opryland Resort** Friday, December 10 at 9:30am— 12:30 pm. **Sign Up in Advance. Bus leaves at 9:30am (14 seats on the bus). RSVP by Friday, 12/3/21. If you want to meet us there, let us know.** Let's get in the holiday spirit by walking thru the famous Twelve Days of Christmas décor and see the music light fountain show and beautifully decorated grand tree in the atrium. We can grab hot cocoa, dine at an amazing restaurant or do some holiday shopping.

**Music for Seniors** Tuesday, December 14 at 10am. **A Fun Opportunity –A truly Nashville Experience.** Music for seniors believes that joy, laughter, and of course music, are the best medicines! Please join us for an hour of outstanding live music designed to lift your spirits!

**TRIP Tuba Christmas Nashville** Tuesday, December 14 from 11-1:30. **Sign Up in Advance. Bus leaves at 10:30am. 14 Seats available. RSVP by 12/10/21.** Join us at the First Baptist Church at 108 7th Ave. Come hear the 35 year-old tradition of the joyous sounds of 100 Tubas playing your favorite Christmas classics. This holiday treat is one for the books!

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**[TRIP – Lunch and Learn at Madison Station](#) Wednesday, December 15 from 11:15–1:00 pm. Bus leaves at 10:45am. Sign up in Advance. RSVP by Wednesday 12/8/21. Join Skyline Medical Center for an informative Lunch & Learn where they'll present a brief life-saving demonstration called "Stop the Bleed" that teaches the basics of identifying and treating injury before emergency responders arrive. Following, they'll discuss Falls Prevention, including a FREE Tai Chi demo to show how this martial arts practice helps with balance.**

**[Hidden History Presentation](#) Thursday, December 16 at 11am. Learning Opportunity. Sign Up in Advance. Calling all history lovers! Come and listen to Paul, the founder of the Hidden History club speak about little known historical events. Learn something new and receive some fun giveaways!**

**[Christmas Potluck Lunch](#) Tuesday, December 21, 11 am. A Social Opportunity. 'Tis the season for holiday cheer. Sign up to bring a dish and we will provide the Christmas Ham and fun. Ho, Ho, HOPE to see you there!**

**[Computer Club](#) Wednesday, December 22, 1 p.m. A Learning Opportunity- Learn how to use FiftyForward's Membership Portal, or ask any other computer-related questions you may have!**

**[Pool Table and Ping Pong Table available at center](#) – Monday thru Thursday 8:30am–3:30pm (except Wednesday from 12:30 to 2:00 pm.) Haven't played pool or ping pong in a while? Come by and practice in the Knowles Game Room.**